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How To Fit Your

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 that it is both a
 medical problem and a
 dental problem.
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 grinding your teeth on
 a regular basis, your
 first step should be to
 visit your GP. They will
 diagnose your
 condition in more
 detail to try and
 discover the extent of
 the problem. Don't
 worry, they won't have
 to attach sleep
 monitors. A Guide to
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 Guide This book
 describes the Teeth
 Grinding, Treatment
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 occurs when you
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 and bottom teeth

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 when you're stressed
 or anxious or during
 the night while you
 sleep, you're one of
 many people with a
 condition known as
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 have a serious effect
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 ignore it. ...A Simple
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Reduce stress. High
levels of stress can
have a significant
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sleep and may trigger
episodes of sleep
bruxism. Listening to
music, taking a warm
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relaxation exercises
can help you relax and
may reduce the risk of
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2018 . If you grind your teeth when you're stressed or anxious or during the night while you sleep, you're one of many people with a condition known as bruxism. Bruxism can have a serious effect on your dental health, so it's important not to ignore it. ...

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Bruxism is unusual in that it is both a medical problem and a dental problem.

Therefore, if you are grinding your teeth on a regular basis, your first step should be to visit your GP. They will diagnose your condition in more detail to try and discover the extent of the problem. Don't worry, they won't have to attach sleep monitors.

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Bruxism is the term
given to the sleep
disorder that causes
sufferers to grind their
teeth. This is an
involuntary action, and
the person often
doesn't even know
they're doing it, which
means it can go
unnoticed for years
while still suffering
from the effects
leading to misdiagnosis
and frustration.

[The Best Mouth Guard
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& Teeth ...](#)

This book describes the
Teeth Grinding,
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occurs when you
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Introduction Chapter 1
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Causes Chapter 3
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*Teeth Grinding
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...

Lifestyle and home remedies that help you stop teeth grinding. Reduce stress. High levels of stress can have a significant adverse effect on the sleep and may trigger episodes of sleep bruxism. Listening to music, taking a warm bath or trying some relaxation exercises can help you relax and may reduce the risk of teeth grinding during your sleep.

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This book describes the Teeth Grinding, Treatment and Related

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You can do this exercise with music on low volume in the background to create a relaxing environment. Sit somewhere comfortable, with no distractions. Inhale for 3 seconds, using your diaphragm. Exhale for 2 or 3 seconds. Inhale again for 3 seconds, and exhale again for 2-3 seconds. Repeat this 10 times.

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